

Print & Use Instructions

Follow these four steps to print, cut, and start using your 52 Family Communication Cards.

STEP 1

Save the PDF

Save this PDF to your computer. Open it in any PDF reader — Adobe Acrobat, Preview on Mac, or your browser.

STEP 2

Print on cardstock

Print on cardstock — 80 lb or heavier. This makes the cards sturdy. Regular paper also works. Settings: Landscape, US Letter, colour recommended.

STEP 3

Cut the cards apart

Each page has 4 cards. Cut along the card edges with scissors or a paper cutter. Store the two age groups separately — an envelope or small box for each works well.

STEP 4

Use them together

Pull one card at a time at dinner, in the car, or before bed. Ask the question and simply listen. The parent tip at the bottom of each card guides the conversation.

✓ **Warm cream cards = Ages 5–10 (Cards 1–24)**

✓ **Green cards = Ages 11–14 (Cards 25–52)**

You can also use younger cards with older children for lighter, easier conversations.

FAMILY COMMUNICATION CARDS

52 conversation starters for immigrant families navigating two cultures

Cards 1–24

Ages 5–10

Cards 25–52

Ages 11–14

How to use these cards

Print and cut out each card. Use them at dinner, on car rides, before bed, or any quiet moment with your child. Pull one card at a time. Ask the question. Then listen — fully, without rushing to respond. The parent tip at the bottom of each card gives you a brief guide on how to hold the conversation well.

A companion to The Family Connection Workbook

Card 1 | Ages 5 – 10

CONNECTION

What is the best thing that happened to you today?

Parent tip: Start with your own answer to show them it is safe to share.

Card 2 | Ages 5 – 10

CONNECTION

If you could spend a whole day with me, what would you want us to do?

Parent tip: Listen without judgement — then try to make it happen.

Card 3 | Ages 5 – 10

CONNECTION

What is something you wish I knew about your day at school?

Parent tip: Give them quiet time to think. Do not rush them.

Card 4 | Ages 5 – 10

CONNECTION

What is one thing that makes you feel happy at home?

Parent tip: Affirm whatever they say — there is no wrong answer here.

Card 5 | Ages 5 – 10

CONNECTION

When you are sad or upset, what helps you feel better?

Parent tip: This helps you understand how to comfort them. Remember it.

Card 6 | Ages 5 – 10

FEELINGS

Is there anything that worries you right now?

Parent tip: If they share a worry, do not dismiss it. Say: that makes sense.

Card 7 | Ages 5 – 10

FEELINGS

**What does it feel like when you are angry?
What do you do?**

Parent tip: Share what you do when you are angry too — make it a two-way talk.

Card 8 | Ages 5 – 10

FEELINGS

What is something that made you laugh this week?

Parent tip: Laugh together. This is a light card — enjoy it.

Card 9 | Ages 5 – 10

FEELINGS

Do you ever feel lonely, even when you are around other people?

Parent tip: This is a sensitive question. Be ready to listen without fixing.

Card 10 | Ages 5 – 10

FEELINGS

What is something you are really proud of about yourself?

Parent tip: Celebrate what they say. Add something you are proud of about them too.

Card 11 | Ages 5 – 10

FRIENDSHIP

Tell me about your best friend. What do you love about them?

Parent tip: Just listen and learn who matters in their world right now.

Card 12 | Ages 5 – 10

FRIENDSHIP

Has a friend ever done something that hurt your feelings? What happened?

Parent tip: Validate their feeling first before offering any advice.

Card 13 | Ages 5 – 10

FRIENDSHIP

What makes someone a really good friend?

Parent tip: Share your own answer too — it opens a natural values conversation.

Card 14 | Ages 5 – 10

FRIENDSHIP

Is there anyone at school who makes you feel left out or uncomfortable?

Parent tip: If they share something serious, stay calm and thank them for telling you.

Card 15 | Ages 5 – 10

CULTURE

What is your favourite food from our home country and why do you love it?

Parent tip: Cook it together soon after this conversation.

Card 16 | Ages 5 – 10

CULTURE

What is one tradition in our family that you really like?

Parent tip: Tell them the story behind that tradition so it has meaning not just routine.

Card 17 | Ages 5 – 10

CULTURE

What is something special about our family that your friends do not have?

Parent tip: Help them see their uniqueness as a gift, not a difference.

Card 18 | Ages 5 – 10

CULTURE

What language or words from home do you already know? Can you teach me one?

Parent tip: Let them be the teacher — it builds pride in their heritage.

Card 19 | Ages 5 – 10

FAMILY

What is your favourite memory of something we did together as a family?

Parent tip: Share your own favourite memory of them after they answer.

Card 20 | Ages 5 – 10

FAMILY

What is something you want our family to do together that we have never done?

Parent tip: Write it down and make a real plan — even a small one.

Card 21 | Ages 5 – 10

DREAMS

What do you want to be when you grow up and why?

Parent tip: Respond with genuine excitement — this is not the time to be practical.

Card 22 | Ages 5 – 10

DREAMS

If you could learn to do anything in the world, what would you choose?

Parent tip: Ask follow-up questions. Show them you take their dream seriously.

Card 23 | Ages 5 – 10

LEARNING

What is something hard you have learned to do that you could not do before?

Parent tip: Celebrate the effort, not just the outcome.

Card 24 | Ages 5 – 10

LEARNING

What is one thing you wish your teacher knew about you?

Parent tip: This helps you understand how your child experiences school.

Card 25 | Ages 11 – 14

IDENTITY

What is one thing about yourself that you are proud of that most people do not notice?

Parent tip: Do not redirect or add to their answer. Just affirm it fully.

Card 26 | Ages 11 – 14

IDENTITY

Do you ever feel like you have to be different at school than you are at home? Tell me about that.

Parent tip: This may open up the two-worlds tension. Listen without defending.

Card 27 | Ages 11 – 14

IDENTITY

What does being from two cultures mean to you? Is it more of a gift or a challenge right now?

Parent tip: Accept their honest answer even if it is not what you hoped for.

Card 28 | Ages 11 – 14

IDENTITY

Is there anything about where we come from that you feel proud to carry?

Parent tip: Share what you carry with pride too — make it a genuine exchange.

Card 29 | Ages 11 – 14

IDENTITY

If you could describe yourself in three words, what would they be?

Parent tip: Ask them to explain each word. The explanation is where the real conversation lives.

Card 30 | Ages 11 – 14

IDENTITY

What is one thing you want people to understand about you that they often get wrong?

Parent tip: Receive this without defensiveness. It may be about how you see them too.

Card 31 | Ages 11 – 14

COMMUNICATION

Is there something you have wanted to talk to me about but were not sure how I would react?

Parent tip: Stay calm no matter what they share. Your reaction determines if they come back.

Card 32 | Ages 11 – 14

COMMUNICATION

When we disagree, do you feel like I really hear you before I respond?

Parent tip: Be genuinely open to hearing no. Ask them what they need you to do differently.

Card 33 | Ages 11 – 14

COMMUNICATION

What is the easiest way for you to talk to me — face to face, on a walk, in the car?

Parent tip: Note their answer and use it. Not every conversation needs to be at the dinner table.

Card 34 | Ages 11 – 14

COMMUNICATION

Is there anything I do that makes it hard for you to come to me when something is wrong?

Parent tip: This is a courageous question. Receive the answer as a gift even if it is hard to hear.

Card 35 | Ages 11 – 14

COMMUNICATION

What is one thing I say or do that you really appreciate?

Parent tip: This builds connection. Receive it graciously — do not deflect with a joke.

Card 36 | Ages 11 – 14

CULTURE

What is one value from our home culture that you want to carry into your adult life?

Parent tip: Do not steer their answer. Be curious about what they genuinely value.

Card 37 | Ages 11 – 14

CULTURE

Is there anything about American culture that you think is good for our family to embrace?

Parent tip: Approach this with genuine openness — there may be real wisdom in their answer.

Card 38 | Ages 11 – 14

CULTURE

Do you ever feel embarrassed by our culture or where we come from? When?

Parent tip: Do not react with hurt or anger. This is important information about where they need support.

Card 39 | Ages 11 – 14

VALUES

What is something you believe is right even when people around you think differently?

Parent tip: Affirm their moral courage. This is the character you have been building.

Card 40 | Ages 11 – 14

VALUES

When you make a difficult decision, what or who helps you figure out the right thing to do?

Parent tip: This tells you what guides them. Listen carefully — it may surprise you.

Card 41 | Ages 11 – 14

CONFIDENCE

What is something you are working on that is really hard right now?

Parent tip: Offer support, not solutions. Ask: how can I help?

Card 42 | Ages 11 – 14

CONFIDENCE

Tell me about a time you failed at something but kept going. What gave you the strength?

Parent tip: Share your own resilience story after they share theirs.

Card 43 | Ages 11 – 14

CONFIDENCE

What is something you are genuinely good at that you wish more people recognised?

Parent tip: Make a point of recognising it specifically after this conversation.

Card 44 | Ages 11 – 14

CONFIDENCE

Is there something you are afraid to try because you worry about failing or being judged?

Parent tip: Normalise the fear. Share something you were afraid to try too.

Card 45 | Ages 11 – 14

RESILIENCE

What is the hardest thing you have been through, and what did it teach you about yourself?

Parent tip: Hold this space with care. Do not rush to fix or reframe — just listen.

Card 46 | Ages 11 – 14

RELATIONSHIPS

What do you look for in a real friend — someone you can really trust?

Parent tip: This is a values conversation. Share what you look for in friendship too.

Card 47 | Ages 11 – 14

RELATIONSHIPS

Is there anyone in your life right now who is a good influence on you? What makes them that?

Parent tip: Affirm the good people in their circle. Ask to meet them if you have not.

Card 48 | Ages 11 – 14

RELATIONSHIPS

What does respect mean to you — in a friendship, between us, or in general?

Parent tip: Be genuinely curious. Their definition may differ from yours in important ways.

Card 49 | Ages 11 – 14

FUTURE

When you picture your life at 25, what do you hope it looks like?

Parent tip: Do not evaluate or correct their vision. Ask: how can I support you getting there?

Card 50 | Ages 11 – 14

FUTURE

What kind of person do you want to be known as when you are grown up?

Parent tip: Connect their answer to strengths you already see in them today.

Card 51 | Ages 11 – 14

FUTURE

Is there something you are afraid of about growing up or becoming more independent?

Parent tip: Normalise the fear. Growing up is both exciting and scary for everyone.

Card 52 | Ages 11 – 14

FAMILY

What do you most want to remember about our family when you are older?

Parent tip: Share your own answer too. This is a powerful closing card — use it well.